



# Flatto中央アジア・パミールハイウェイとワハーン回廊を訪ねる旅

	月日	都市	交通	時間	旅程	M
1	2019 /	国内各空港 ICN ICN タシケント空港	OZ—  OZ573 専用車	11:10 13:00 17:00 20:20	国内各空港からアジアナ航にてSeoul 仁川空港へ インチョン到着、ご自身にて乗り継ぎ手続き アジアナ航空にてウズベキスタン・タシケント空港へ タシケント空港到着、日本語ガイドと専用車の迎えシケン ト市内のホテルへ、チェック・イン タシケント市内 ホテルクラス 1シングル	
2	/	<p><b>Khujand- Iskanderkul lake</b> 日本語ガイドと一緒に専用車にてタシケントのホテルからタジク国境(ホジェンド)、までの専用車と英語ドライバーで送ります。国境を超えた後は英語ガイドになります。Meeting guests on the Oybek border. Drive to Khujand Khujand was continuously occupied for 2500 years and found – possibly on the site of an earlier settlement – by Alexander the Great. It is the furthest point he reached in Central Asia thus the city was named Alexandria Eschate (Alexandria the Furthest). After the breakfast from Khujand we will drive to Iskanderkul. Iskanderkul is a mountain lake of glacial origin in Tajikistan’s Sughd Province. It lies at an altitude of 2,195 metres on the northern slopes of the Gissar Range in the Fann Mountains. This lake named of the name of Alexander (Alexander the Great).</p> <p>Iskanderkul is the purl of Fann Mountains. Upon arrival in Iskanderkul you will be able to walk around the lake and enjoy the picturesque view of the lake and mountains. In addition, you will hike to the local waterfall and Snake lake.</p> <p>Overnight in Iskanderkul “Cottage ”</p>				X  L  D
						
3	/	<p><b>Iskanderkul lake – Dushanbe</b></p> <p>After breakfast drive from to Iskanderkul to Dushanbe. Drive will take 3-4 h. over Anzob tunnel and Varzob valley. Short city tour in Dushanbe, where you will be able to visit the main square of Dushanbe. The Monument of Ismoil Somoni—the ancestor of Tajik Nation located on the main square. A 40-metre high monument built to the memory of Ismaili Saman-Khuda, founder of the Samanid dynasty in the X century. Then walk to the National park “Rudaki.</p> <p>Overnight in Hotel Vatan 4* or Atlas</p>				B  L  D
						


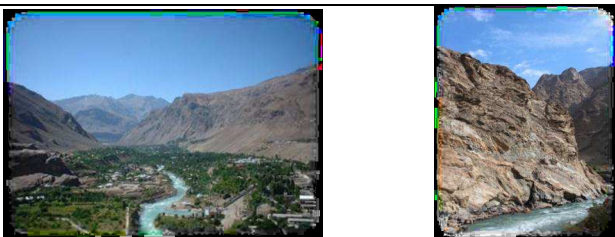



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4	/	<p><b>Dushanbe- Kalai-Khumb</b></p> <p>After breakfast we will drive to Kalai-Khumb. Drive south east from Dushanbe towards Kalai-Khumb. The more conservative attitudes of this region can be seen in the local style of dresses and beards, but the hospitality is just as welcoming. Over a mountain pass to Kalai-Khumb and the scenery and people change again. Here the people are Badakhshan – not Tajiks but a number of separate tribal groups, each with their own language. Unlike their Sunni neighbors, the Badakhshanis are Ismaili, followers of the Aga Khan. Attitudes and dress are a little more liberal in Badakhshan. Beautiful landscape and view of snow peaks and several passes.</p> <p>Overnight in Kalai-Khumb , Hotel “Karon”</p>	B L D
			
5	/	<p><b>Kalai-Khumb-Khorog</b></p> <p>Continue by road from Kalai-Khumb to Khorog, the capital of Gorno-Badakhshan Autonomous Oblast (GBAO). From Kalai-Khumb, the road joins the river Panj, which forms Tajikistan’s border with Afghanistan. This is a fascinating drive. On the Tajik side of the river, the road is asphalted and buildings have electricity and are constructed using metal and glass. On the Afghan side – only about 100 m distant – the road is a donkey track and buildings are mud and wood. In Khorog visit the Khorog bazaar, museum and the incredibly beautiful High Pamir botanical garden—second Highest Botanical Garden in the world (2200m)—was recently renovated by the initiative of the president. In this beautiful green city surrounded by high mountains visit the national cosy museum, stroll around the National Park. The close distance between Khorog and Afghanistan will impress you. Overnight in Khorog. Hotel «Lal Inn» Meal (B,L,D) Day 5</p>	B L D
			
6	/	<p><b>Khorog-Ishkashim-Yamg</b></p> <p>After breakfast, we continue our trip, not far from Khorog we will stop to observe one of the oldest hot springs in Eastern Tajikistan, called “Garm Chashma”, which is popular among the people from whole Tajikistan. Visit the local quirky museum of Sufi Muborak-Kadam, a local Sufi scholar, theologian, poet and traveler, who died in 1910.</p> <p>Overnight in Yamg, Guest House “Aidar”</p>	B L D
			









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7	/	<p><b>Yang-Vrang-Langar</b> In the morning, start driving to Langar. On the road visit to the fort Kaakha. Then, drive to Yamchun and walk along a ridge to see the “Fortress of Fire Worshippers”. Further up the hillside is the hot springs at Bibi-Fatima. It is possible to take a natural steam bath in a rocky cave. After lunch continue to Vrang, on a cliff-side pitted with caves, stands a Buddhist complex dating to 4th-7th centuries. Climb up to see the ziggurat at the top. Continue to Langar. As we enter the Wakhan, there are amazing views of the Pamirs to the left and the Hindu Kush to the right. Straight ahead is a peak of Karl Marx (6,723 m) and Friedrich Engels (6,180m). <b>Overnight in Langar, Hotel “Yodgor</b></p>			B L D
					
8	/	<p><b>Langar- Bulunkul -Murgab</b> In the morning from Langar drive over Khargush Pass (4272m) to Bulunkul and Yashilkul Lakes. Once again, the landscape and people change as we slowly go higher into the Pamir High Plato. We have left behind the lush valley of the Wakhan and the Pamir tribes. The terrain here is becoming barren and rocky. This region is inhabited by nomadic Kirgiz herders. After lunch in Alichur village continue drive along the Pamir Highway (PHW) and Alichur valley to Murgab city. <b>Overnight in Murgab, Guest House “Ibragim”</b></p>			B L D
					
9	/	<p><b>Murgab - Karakul lake - Osh</b> In the morning, start driving to the Tajik- Kirgiz border Kizil-Art, over pass Ak-Baital (4655 m), highs point along the tour and via lake Karakul lake .After border crossing continue to Osh. <b>Overnight in OSH オシ市内ホテル 1Single Room</b></p>			B
					
10	/	OSH  タシケント空港	専用車  OZ5740	18:30 20:20	<b>キルギス・オシ市内ホテル - タシケント</b> 、ホテルにて朝食、タシケントからの迎いの専用車にてタシケントへ着後、夕刻:タシケント空港へお送りいたします。アジアナ航空にてSeoul 仁川空港へ
11	/	ICN ICN KIX	OZ—	08:55 14:05 15:50	仁川空港到着、ご自身にて乗り継ぎ手続き 午後便のアシアナ航空にて国内各空港へ 国内各空港到着



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### In price includes:

- All land transportation in Tajikistan (Jeep, A/C)
- Meal Full board
- English speaking guide
- Entrance and nature fees
- Drinking bottled water,

### Not Include:

- Alcohol beverages
- Additional services in hotel (bar, E-net, Sauna)
- Photo and video fees in museums
- Cost of Tajik visa or Tajik E-visa <https://www.evisa.tj/index.evisa.html>
- GBO permit (パミールの入域許可証)
- Tips



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## Plan 2

- D1. : Seoul- Tashkent. Tashkent to Dushanbe. Flight HY-717.Dep. 22-00.  
Arrive 23-00. Transfer to the hotel.
- D2. : Dushanbe city tour.
- D3. : Dushanbe – Kalaykhumb.
- D4. : Kalaykhumb – Khorog.
- D5. : Khorog- Ishkashim - Yamg (Wakhan valley)
- D6. : Yamg- Vrang- Langar
- D7. : Langar –Bulunkul - Murgab (Pamir High Plato)
- D8. : Murgab- Khorog.
- D9. : Khorog- Kalaykhumb.
- D10. : Kalaykhumb – Karategin valley- Dushanbe
- D11. : Dushanbe- Iskandrkul lake- Khujant
- D12. : Khujant – Oybek – Tashkent.



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## Plan 3

### Tashkent, Khujand –Dushanbe - Pamir & Wahan corridor & Kyrgystan - OSH – Ferghana valley- Tashkent Adventure tour 20 days by Jeep for 1-3 person for one Jeep

	都市	交通	時間	旅程
1	国内各空港 ICN ICN タシケント空港	OZ-  OZ-573	13:20 15:50 17:05 22:30	国内各空港からアジアナ航にてSeoul 仁川空港へ インチョン到着、ご自身にて乗り継ぎ手続き アジアナ航空にてウズベキスタン・タシケント空港へ タシケント空港到着、日本語ガイドと専用車の迎えシケント 市内のホテルへ、チェック・イン タシケント市内ホテル 泊
2	<b>TASHKENT - KHOJAND</b> 日本語ガイドと専用車にてタジキスタン国境までお送りいたします。タジキスタン側からは英語が井戸になります。Drive from Tashkent to Border. Meet Tajikistan Guide and Bus (or 4WD) at the Border. Proceed to Khujand TAJIKISTAN. Upon arrival sightseeing of Khujand city (Citadel, Museum).Transfer to Hotel for dinner and overnight.(Breakfast, Lunch & Dinner) Hotel in Khujand - "Sino".			
3	<b>KHUJAND - ISTARAVSHAN</b> Drive to Istaravshan. Sightseeing of Istaravshan old city (Medresse, Mosque, Mausoleum, Mug Teppa, and Bazaar).Transfer to hotel for dinner and overnight (Breakfast, Lunch & Dinner) Pansionat.			
4	<b>ISTARAVSHAN - DUSHUNBE</b> Morning, sightseeing of Istaravshan. Then drive to Dushanbe via Ainy region Shakhristan Pass (3378m) and Anzob Pass (3373m). On the way, visit Penjikent Ruin from Ainy. Arrive and transfer to Hotel TAJIKISTAN for dinner and overnight.(Breakfast, Lunch & Dinner) This is day for tourist very hard day: so we crossing through 2 passes: Shakhristan pass and Anzob pass			
5	<b>DUSHUNBE</b> Morning, visit Hissar fortress, Medresse. Afternoon, city tour of Dushanbe including Museum of National Antiquities, Bazaar etc. Also preparation for trip to Wahan and Pamir. Dinner and overnight at hotel.(Breakfast, Lunch & Dinner)			
6	<b>DUSHUNBE - KALAI-KHUM</b> Drive from Dushanbe to Kalai-Khumb via SHurobod Arrive and transfer to Home for dinner and overnight. (Breakfast, Lunch & Dinner).			
7	<b>KALAIKHUM - KHROG</b> Drive from Kalai-Khumb to Khorog. Arrive and transfer to guest house. (Breakfast, Lunch & Dinner)			
8	Full day Sightseeing along Khorog visit to Botanic garden hot springs "Garm-Chashma" back to Khorog and rest in guest house.			
9	<b>KHROG - ISHKASHIM</b> Drive from Khorog to Ishkashim along the Pyanj River. On the way, visit Garm-Chashma for bath. Arrive and transfer to home for dinner and overnight.(Breakfast, Lunch & Dinner).			
10	<b>ISHKASHIM - LANGAR</b>			



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	Drive from Ishkashim to Langar via Vrang, Zong. On the way, visit Bibi Fatima-Zukhra hot spring and Fort at Yamchun, Sufi Museum at Yang, Buddhist Cave and monastery of Vrang, Ruin of Fire Temple at Zong. Arrive and transfer to home for dinner and overnight(Breakfast, Lunch & Dinner)		
11	<b>LANGAR - Bulunkul lake</b> Drive up to Bulunkul lake via Khargushi Pass (4333m). Enjoy view of Bulunkul and Yashilkul lake. SS surrounding and overnight in guest house.		
12	Full day Sightseeing Surrounding lakes and rest.		
13	Then continue drive from Bulunkul lake to Murgab via Naizatash Pass(4137m). On the way, visit Chinese cemetery. Arrive and transfer to home for dinner and overnight. Breakfast, Lunch & Dinner).		
14	<b>MURGHAB</b> before to leaving from Murgab 1 day Excursion to Rangkul, and then drive to Karakul lake visa Ak-Baital pass H-4655 ms, overnight at home in Karkul lake.(Breakfast, Lunch & Dinner)		
15	Full day stay in Karakul lake and Sightseeing surrounding, and then back to guest house Karakul lake		
16	<b>Karakul lake - Sarytash (KYRGYZISTAN)</b> via Tajik/Kyrgyz border "Kyzyl-Art" Pass (4282m) and Sarytash Border, overnight in Sarytash in yourts.		
17	from Sarytash drive to OSH (KYRGYZISTAN) Drive to Osh, Kyrgyz via Taldyk pass and Gulcha. Arrive OSH and transfer to Hotel or guest house. (Breakfast, Lunch & Dinner).		
18	After breakfast drive to Kyrgyz/Uzbek border "Dustlyk" and crossing through border and drive to - FERGANA (UZBEKISTAN 側から日本語ガイドを付ける事は可能です。) accommodation in hotel and then SS in Margelan On the way, visit Market of Margelan and silk factory and back to hotel and rest.		
19	After breakfast drive to Tashkent via Rishton The private ceramic factory and then drive to Kokand visit to Khudoyorkhan castle, lunch and then drive to Tashkent through Kamchik pass. And to Tashkent arrival at 18-00 PM accommodation in hotel diner and rest.		
20	タシケント空港	OZ-574	20:30 22:20 ホテルにて朝食、 終日、日本語ガイドと一緒にタシケント市内の観光へご案内をいたします。夕刻、タシケント空港へお送りいたします。 アジアナ航空にてSeoul 仁川空港へ 仁川空港到着、ご自身にて乗り継ぎ手続き 機内
21	ICN ICN 国内各空港	OZ-	08:55 15:45 18:05 仁川空港到着、ご自身にて乗り継ぎ手続き 午後便のアシアナ航空にて国内各空港へ 国内各空港到着



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